



Critical Days of Summer



Heat Stress, Jogging, and Outdoor Exercise



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The Naval Safety Center***





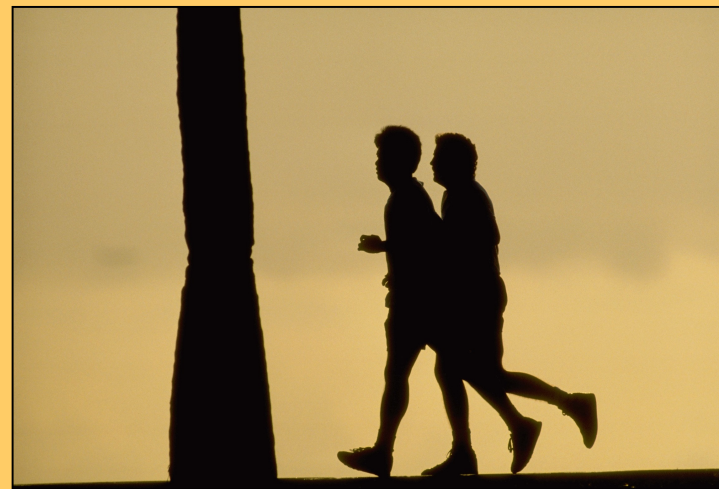
Safety Tips



- ★ Know your limits, how far/long you can go.
- ★ Drink plenty of water.
- ★ When the temperature goes up... slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the cooler times of the day.
- ★ When possible, avoid high-protein foods (which increase body heat production) until after you have completed your exercise.



Photographs





Mishap Summary #1



- ★ An MA3 and two shipmates were hiking in Guam. They headed into the jungle at 1400, carrying a liter or two of water each. They hiked for 45 minutes to a bay, walked along the beach for a half-hour, then went snorkeling. The MA3 realized he'd lost his keys, so he took a shortcut through the jungle that ended in a dead-end. The MA3 felt dizzy and tired. They headed back toward the beach. Two hours later, he was delirious, so they stopped to rest. He passed out. One Sailor called 9-1-1, and the other splashed water from a stream onto the MA3. Rescuers showed up in a boat, but it was dark and it took three hours to find the hikers. The MA3 stopped breathing on the way to the hospital. CPR was futile. He was declared dead at a local hospital at 2251.



Mishap Summary #2



- ★ After a 12-mile conditioning hike held by a battalion at Camp Pendleton, four Marines went to a hospital with heat stroke and five others with heat exhaustion. After another hike, a 10-miler during the hottest part of the day, 12 Marines from a rifle company had to go to hospitals with heat problems, and eight had to be admitted for treatment. In both cases, the Marines hadn't had enough to eat or drink, and supervisors didn't recognize the early symptoms.



Suggested Best Practices



★ **Dress for the heat.** Wear lightweight, light-colored clothes, and a hat.

★ **Drink water,** even if you aren't thirsty.

★ **Slow down.** Do strenuous activities during the coolest part of the day.

★ **Stay indoors.**

★ **Take regular breaks** if you are working hard.





Lessons Learned



- ★ Coffee, tea, coke and "bug juice" do not provide your body with the proper fluid hydration to combat stress, fatigue and heat. Ensure you drink 8-10 glasses of water or fruit juice per day to keep your body and brain hydrated properly.
- ★ In a hot environment, or during shipboard drills when the ventilation is secured, watch out for your shipmates. If the guy next to you looks very pale or flushed, or if his eyes are dilated, and he looks unsteady, get help quickly. If you feel nauseous or dizzy, don't be macho, be smart and tell someone.



Myth Busters



- ★ Myth: No Pain, No Gain
- ★ Busted: Pain is your body's way of telling you something's wrong. So, take some time to listen to it. Exercise doesn't have to hurt to be good for you. If it hurts, you're probably doing something wrong. People new to exercise may feel some muscle soreness called delayed onset muscle soreness which usually subsides after a few workouts. But, the key to a successful exercise program is to make sure you give your muscles time to adapt, otherwise you'll be risking injury.



FAQs



★ What are the symptom of heat-related illness?

- Heat cramps, then heat exhaustion, then heat stroke. The symptoms of heat exhaustion are cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. The symptoms of heat stroke are hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be as high as 105°F.



FAQs, cont.



- ★ How should I treat a heat-related illness?
 1. Have the person lie down in a cool place. Elevate his or her feet about 12 inches.
 2. Apply cool water or wet cloths to the person's skin, particularly the neck, groin and armpits. A fan will help lower body temperature, as well.
 3. Give the person a half cup to drink every 15 minutes. Cool water will do if salt beverages or sports drinks aren't available.
 4. Massage muscle cramps gently.
 5. If the person shows signs of shock (bluish lips and fingernails, decreased alertness), starts having seizures, or blacks out, call 911 and administer first aid accordingly.



FAQs, cont.



★ When should I call 9-1-1?

- The person loses consciousness at any time.
- There is any other change in the person's alertness (for example, confusion or seizures).
- The person has a fever over 102°F.
- Other symptoms of heat stroke are present (like rapid pulse or rapid breathing).
- The person's condition does not improve, or worsens despite treatment.



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